OTHER ACS PROGRAMS

Army Emergency Relief (AER)

Army Volunteer Corps (AVC)

Community Information, Referral & Follow-up Program

Employment Readiness Program

Exceptional Family Member Program (EFMP)

Fort Carson Mayoral Program

Financial Readiness Program

Loan Closet

Military & Family Life Consultants (MFLC) Program

Mobilization & Deployment Readiness Program

Multi-cultural Support Program

Outreach Program

Relocation Readiness Program

Sexual Assault Prevention & Response Program

Soldier & Family Readiness Program

Survivor Outreach Services (SOS)

OTHER ACS FACILITIES

The Family Connection, Building 1354

The Soldier & Family Assistance Center, Building 1039

Stop by and see all that we have to offer you.





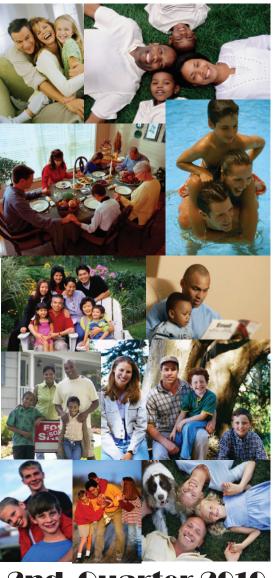


Army Community Service (ACS, 6303 Wetzel Avenue, Building 1526, Fort Carson, Colorado 80913-4104 TEL: (719) 526-4590 / TTY: (719) 526-1949 / TOLL FREE 1-866-804-8763 / FAX: (719) 526-26 WEB SITE: www.carson.army.mil (Click on Directorates & Support)

ARMY COMMUNITY SERVICE

Family Enrichment Training

Course Description & Schedule



2nd Quarter 2010

ARMY FAMILY TEAM BUILDING (AFTB) COURSES

(Limited child care available. Prior registration required.)

AFTB Instructor Training course prepares and equips volunteers to be AFTB Instructors. Topics include: Presentation Skills; Public Speaking; Group Dynamics; the Adult Learning Process; Using Instructional Aids; and Developing Lesson Plans.

AFTB Level I course is targeted towards Family Members that are new to the Army or anyone that is interested in updating their personal skills or basic knowledge. Level I topics include: Expectations and the Impact of the Mission on Family life; Military Acronyms and Terms; Chain of Command; Customs and Courtesies; Basic Military Benefits & Entitlement; Community Resources; Family Readiness Groups; Supporting Your Child's Education; Family Financial Readiness; and Basic Problem Solving. (Recommended for 0-5 yrs.)

AFTB Level II course is targeted towards emerging leaders within the Army community. Level II topics include: Communication; Personal Time Management; Stress Management; Acknowledging Change; Exploring Personality Traits; Enhancing Personal Relationships; Team Dynamics; Personal Conflict Management; Creative Problem Solving; Traditions, Customs, Courtesies & Protocol; Crisis, Coping & Grieving; Volunteer Experience; Family Readiness Groups & the Deployment Cycle; and an Introduction to Leadership. (Recommended for 5-10 yrs)

AFTB Level III course is targeted towards those family members that may assume leadership type roles within the community or unit. Its primary focus is to enhance their professional growth and leadership

development opportunities. Level III topics include: Developing Your Listening Skills; Building Self-Esteem; Understanding Personality Traits; Motivating Factors; Developing Leadership Skills; Building a Cohesive Team; Establishing Leader Roles, Managing Group Conflict; Problem Solving Techniques for Leaders; Developing Presentations; Planning and Conducting Workshops; Understanding the Organization of the Total Army; Political Issues and the Army; and Effective Public & Media Relations. (Recommended for 10 or more yrs.)

Family Readiness Group (FRG) Training is a two day course that focuses on the set up and leadership of a FRG, per AR 608-1, Appendix J (dated 21 July 2006).

Rear Detachment Training is a three day course that prepares rear detachment personnel to meet the challenges that may arise during deployments. This course includes various guest speakers from throughout the installation.

Reunion Workshop is offered to spouses of deployed Soldiers and was created to assist with reintegration and communication skills that may arise as families reunite.

Spouse Battlemind Workshop is offered during predeployment and post-deployment. Topics include: Recognizing Changes Within Yourself and Your Soldier as well as Learning How to Translate Changes Into Positive Actions.



